



**Department for
the Aging**

**GET CONNECTED.
STAY ACTIVE.
BE HEALTHY.**



 **CONTACT US**
212-AGING-NYC

MISSION AND PURPOSE

The New York City Department for the Aging (DFTA) works to eliminate ageism and ensure the dignity and quality of life of diverse older adults, and for the support of their caregivers through services, advocacy, and education.

DFTA partners with local organizations to provide services through older adult centers, naturally occurring retirement communities, case management and home care agencies, home-delivered meal programs, caregiver support programs, mental health programs, transportation, and much more in each borough.

DFTA also provides volunteer resources and has a Senior Employment Services Unit, Elder Justice Unit, Grandparent Resource Center, Foster Grandparent Program, Bill Payer Program, and more.

Older Adult Centers

There are hundreds of older adult centers in New York City and free membership is open to anyone age 60 or older. Each center offers a variety of activities that generally include:

- Art, music, dance and fitness classes, and walking clubs
- Classes to manage arthritis, diabetes, high blood pressure, and more
- Nutrition and educational workshops
- Screenings for Medicare, Medicaid, the Supplemental Nutrition Assistance Program, and Rent Freeze
- Meals and holiday celebrations
- Technology classes



In-Home Support

If you have a hard time leaving your home or managing daily tasks, help may be a phone call away. Through case management, a trained specialist will determine services to help you remain safely at home. They may include:

- Home-delivered meals and/or home care
- In-home counseling and access to community resources
- Friendly Visiting
- Help managing bill-paying tasks



Mental Health Services

DFTA's Geriatric Mental Health Program, an initiative in partnership with the Mayor's Office of Community Mental Health, places mental health clinicians in older adult centers. Clinicians help older adults with challenging life situations that may cause anxiety or depression, and provide private counseling and referrals.

Caregiver Support

Caring for someone can be stressful. Recognizing that you are a caregiver is the first step in getting help. Through caregiver support programs, social workers offer information, referrals, respite care, counseling on long-term care options, and more. You can get help if you are caring for someone age 60 and older, with Alzheimer's disease or other dementias, or a chronic illness. You can also get help if you are age 55 or older and caring for a relative child or a disabled adult.



► STAY CONNECTED

Visit the Department for the Aging online at **nyc.gov/aging** or on social media:



@nycseniors

Call **212-AGING-NYC** or **311** for more information on services.

Friendly Programs

In partnership with the Mayor's Office of Community Mental Health, Friendly Visiting and Friendly VOICES programs provide older adults with the opportunity to make new friends and form new social connections, therefore decreasing their feelings of loneliness and isolation. Programs match older adults with a screened and trained volunteer, and/or a peer or a group to connect with on a weekly basis.



The Friendly Visiting program connects homebound older adults with volunteers for in-home visits, phone calls, or virtual group chats. The Friendly VOICES program serves non-homebound older adults, forming connections over the phone and on video calls.

Health Insurance Information, Counseling, and Assistance Program (HIICAP)

Do you have questions about Medicare? HIICAP is New York City's source for reliable information about Medicare Parts A, B, C, and D. Trained counselors also assist with Medicare Supplemental Insurance (Medigap), Medicare Advantage, and with applying for the Extra Help program to cover expenses.



NY Connects in New York City

NY Connects is a statewide service that helps people of all ages find the right support to fit long-term needs. Community partners provide information and referrals to older adults and young adults with long-term disabilities, their caregivers, and parents of children with disabilities.



Transportation

Community-based transportation services are available for older adults without access to public transportation to get to medical or social service appointments.



Naturally Occurring Retirement Communities (NORCS)

A NORC is a multi-age housing development or neighborhood that was not originally built for older adults, but is now home to a significant number of them. Supportive-services and programs are available at dozens of NORCs, providing residents with health and wellness activities, help with benefits and entitlements, and more.



Senior Employment Services

The Senior Employment Services Unit prepares unemployed, low-income adults age 55 and older for today's jobs in data processing, customer service, security, sales, administration, home health care, and more.

Participants attend computer, job-search, resume-writing, and interviewing classes. Job seekers also get on-the-job training and the opportunity to earn at least the minimum wage.



Elder Justice

The Elder Justice Unit works to protect older New Yorkers from crimes and abuse. Elder abuse programs are available in each borough to provide counseling and support for victims who have suffered physical, emotional, or financial abuse from a trusted person.

The Bill Payer Program helps older adults prevent financial abuse and exploitation by helping to organize bills, budget, and make sure that bills are paid on time.



Grandparent Resource Center

If you are an older adult with primary caregiver responsibilities for your grandchild or another young relative, the Grandparent Resource Center can help you adjust to your role as a kinship caregiver.

Grandparent Resource Center services include workshops on legal, budgeting, and other topics. Referrals, peer group sessions, and other services are also available.



Foster Grandparent Program

The Foster Grandparent Program places low-income older adults in community settings, where they mentor and care for infants and children with special needs. A small stipend is provided.



Legal Support

Legal support is available for older adults without access to other public or private legal aid. Providers assist with issues that involve public benefits, long-term care, consumer, and landlord-tenant issues.

The Assigned Counsel Project assists older adults at risk of being evicted. If you believe you qualify, ask the judge in charge of your case or visit the help center at the courthouse at the time of your hearing.



Resources Beyond DFTA

ACCESS NYC is the City's online screening tool for financial programs and benefits related to housing, food, and more: **access.nyc.gov**.



Volunteer Opportunities

If you want to make a difference in the life of any New Yorker or you are an older adult who wants to give back, volunteer with DFTA. Volunteers help in the community with the Friendly Programs, the Foster Grandparent Program, and much more.



CONTACT US

Many services are free or low cost, and language help is available. Aging Connect is our contact center for resources, services, and volunteer opportunities.

Call **212-AGING-NYC** to speak with an aging specialist.
(212-244-6469)

To request a presentation on DFTA services or emergency preparedness for older adults, visit us at **www.nyc.gov/aging/presentation**.

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